

EXHIBIT NO. 9DATE: 1-17-07BILL NO. SB 89SENATE PHSExhibit No. 9Date 1-17-07Faylene Nelson, RNC, IBCLC  
1639 Karmen Road  
Helena, MT 59602Bill No. SB 89

Jan. 17, 2007

Chairman, Dan Weinberg and members of the committee:

I thank you for the opportunity to testify in support of Senate Bill 89, and I thank Carol Williams for sponsoring it.

I am a staff nurse in Obstetrics here in Helena at the hospital and I also have a private practice as a Lactation Consultant. I meet new moms almost every day and have the privilege of helping them as they get started breastfeeding their newborn.

As part of that process, I determine how long they plan to breastfeed, what support they have and if they work outside the home. In knowing these things, I can help them with current issues and provide them with information and support for the future issues, such as return to work.

The **American Academy of Pediatrics** recommends newborns be "breastfed exclusively for the first 6 months of life and continue to be breastfed, in addition to other foods until one year of life". Mothers who work outside of the home are faced with the problem of how to continue to breastfeed and/or how to maintain a milk supply when separated from their baby.

As I continue to troubleshoot with these mothers, we have devised solutions to being able to pump breast milk while at work:

- a storeroom (for document forms) at the Department of Agriculture had a light bulb, a lock on the door and my client moved in a hard backed chair,
- another client, working at the courthouse, had only her vehicle...so we got a vehicle lighter adapter, and some shades for her car windows,
- a school teacher plans to use "the dark room" in her photography classroom, and
- an untold **many** mothers tell me the only place they know of is **the bathroom**.

Besides a place to pump, the other big issue is the **time** to pump and mothers don't always have the 15 minutes every three hours they are separated from their breastfeeding babies, to extract the milk (maintaining their supply and saving the milk to feed later). It's 15 minutes each time, if they have a double breast pump.

When you add the stress of either the place or the time, it's a wonder any of them are relaxed enough to be able to pump any milk at all.

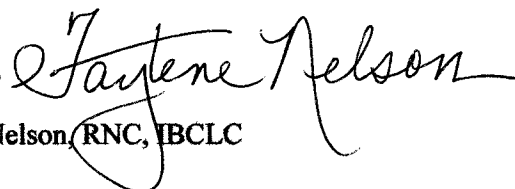
If we can begin to provide new mothers with the support they need to breastfeed their babies for at least that first year, mothers as employees will have healthier babies and not miss as much work.

I am afraid that the percentage of mothers who return to work and are able to have a solution to the **time and place** are a small one, and in fact, many mothers (roughly 25%) who I ask....**Are you planning to breastfeed?** answer "No, because they only have 4 weeks, or 6 weeks, or even 2 weeks off and nowhere or no time to pump once they return to work". I believe this bill gives us an opportunity to begin helping mothers find solutions to the demands of being working mothers.

Again, I thank you for this opportunity to give support to breastfeeding mothers who find themselves trying to combine the best way to feed their baby with the need to return to work and provide for their family.

Sincerely,

Faylene Nelson, RNC, IBCLC



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